

Milk.

1. Pasteur - disordered food spoiled by bacteria which heat destroyed - Pasteurization invented.
2. Evaporation of milk.
 - 1) - tested.
 - 2) - water removed & milk boiled - no nutrient loss.
 - 3) - milk exposed to ultra-violet rays,
absorbs vitamin D & fat distributed.
 - 4) milk then subjected to high temperature
sterilized.
3. Pasteurization of milk.
Milk heated to high temperature to kill pathogenic organisms.
 - 1) Milk heated high, then cooled & kept cold.
4. Stables, cows, utensils must be very clean, also
milkers, transportation.
- manure must be well disposed of.
5. Home care of milk.
 1. Buy bottled pasteurized milk.
 2. Wash top & remove with clean instrument.
 3. Don't replace top to bottle.
 4. Don't let milk stand unprotected.
 5. Keep milk clean, cold, covered.
 6. No other use of bottles but for milk.

6. Milk borne diseases.

- 1) Bacteria
- 2) T. B.
- 3) Streptococcus.

7. Infection of milk.

- 1) Handless.
- 2) Milk utensils washed in unclean water.
- 3) Adulteration of infected H₂O.

8. Transportation of milk.

Keep cool after milking + until delivered.

9. Milk plant must contain

- 1) Sanitary bottling + canning equipment
- 2) Adequate milk-cooling equipment.
- 3) Cold storage facilities.
- 4) Cleaning equipment
- 5) Water testing equipment.
- 6) Thermometers.

10. Number of bacteria depend on -

- 1) No. deposited
- 2) Time given bacteria to develop.
- 3) Temperature at which milk has stood.

4]

History and Principles of P. Education

● Orientalion - accustoming myself to new situations.

Hours per day - 168 hr.

Sleeping - 86 hr.

Eating - $10\frac{1}{2}$ hr.

Classes - 35 hr.

Dressing - $10\frac{1}{2}$ hr.

Church - 2 hr.

Social recreation - 14 hr.

Necessities - 14 hr.

Reading - 7 hr.

Homework -

Time for friends - 7 hr.

● Thinking -

Study involves -

1) acquisition of information & knowledge.
reading, observation, experiment & association with others.

2) developement of technique & abilities or skills of thinking.

4) vision of goals towards which you work.

Requisites -

1) effort & motivation - purpose, definite attack & understanding.

2) satisfaction - sense of success.

3) practice - persistent practice

Adjustment to Knowledge

- used as a basis for understanding.
- formulation of theories + actions.
- mastery in a detailed or superficial manner.
- purpose of use.
- information from reading, lectures, class discussion, special reports, observation, experiment.
- adjustment to skills - simple or complex, manual, physical, mental.

Skills

- note-taking (oral or written impressions.)
- discrimination (character, friends)
- accurate observation.
- evaluation of evidence (both sides)
- organization of materials.
- thought - creative - artistic.
- scientific - practical.
- solution of problems.

Note-taking - a study device.

Values

- 1) - active recording + mental process.
- 2) - aid to memory + clear thinking.
- 3) - valuable in reviewing.
- 4) - valuable for preparation of themes + reports.
- 5) - valuable for professional growth + writing.

Notes 1) brief, intelligible, restate ideas tersely in own words. Abbreviations used systematically.

- neat, legible writing.
- no illustrations & stories.

2) Accurate.

- 3) Comprehensive & well-organized.
- 4) Notes easily visualized.
- 5) Treat each specific topic.
- 6) Books flexible (loose-leaf or card index)
- 7) Notes are your ideas.

Forms of notes (reading mostly)

1) Outline

- topics, sentences, annotated.
(diagrams, key notes, questions, data)

2) Summaries or Abstracts.

3) Exact quotations.

4) Bibliographical notes.

- author's name, title, publisher's name & location, date of publication, price & no. of pages.
- brief summary & critical estimate.

Notes vary.

Shorthand not desirable.

How to Use a Library.

How to Use a Library.

- 1) - Be familiar with arrangement of library.
- 2) - Know regulations.
- 3) - Learn how library staff can help.
- 4) - Learn how books are classified & arranged.
- 5) - Learn how to use card catalogue.
- 6) - Learn to use special index & guide
(Readers guide.) (Technical guides.)
- newspaper index, book indexes.
- 7) - Learn to use reference books.
- encyclopedias, dictionaries, statistics,
government topics.
- 8) - Learn to use library for routine study or
for special reports.
- 9) Be acquainted with good newspapers & periodicals.
- 10) Discover & use any special library facilities
book reviews, children's stories.

Conditions for Study - Environment.

- 1) surroundings comfortable & convenient, no noise.
- 2) objects not cluttered up.
- 3) Fresh air in motion - cool - 65° - 68° .
sufficient humidity.
- 4) clothing light, loose & warm.
- 5)

Personal. - an habitual place to study.
- suitable desk & chair.
- books & materials necessary.
- underline tents.
- light good.

Physical Well-being.

- energy is physical.
- weight & diet important.
- exercise & recreations.

- sleep.
- fatigue

Attitudes to study.

- readiness.
- enthusiasm

Academically - a desire to excel.

- willingness to work.
- having a purpose.
- evaluating work.
- perseverance.

Concentration - concentration - control & direction of attention

- fatigue
- distress
- fear of failure, worry, own defects.
- dissatisfaction.
- quick, intensive work helps.

Aids to concentration.

- 1) interest & suitable work.
- 2) rapid work.
- 3) definite purpose.
- 4) alert, question
- 5) interest in improvement.
- 6) control of emotional disturbance & fatigue.

Memorizing - 4 aspects.

- 1) experiencing & retaining an impression.
- 2) retaining
- 3) recalling
- 4) recognizing recalled impression as original one.

1) - Secure clear-cut & vivid impressions

- be actively energetic.

2) intend to remember.

3) learn by units & related ideas. Association of ideas

- 4) Make as many associations as possible.
- 5) Provide for suitably spaced repetitions.
- 7) Whole learning more effective than part learning.
- 8) Overlearning materials.

Silent reading.

245 words in 5 min.

- 1) Analyzing your own difficulties, then regular remedial practice.
- 2) Persistent effort to read faster & comprehensibly.
 - 1) vision.
 - 2) motor adjustments "eye movements".
 - span of recognition - lessen vocalization.
 - concentrate on speed & rhythm & only significant words.
 - 2) avoid unnecessary movements.

Mental Habits.

- 1) Vocabulary. Nice distinction of words.
- 2) Central thought of bird's-eye view, lists of new words.
- 3) Distinguish facts & opinions & remember them.

Skimming a Book.

- 1) Discover central thought & organization of material, may be misused.
- 2) Mastery of content. Skim then read.
- 3) Criticism. Assimilate ideas be alert.
- 4) Enjoyment.

Objectives of P.E.

Aim - ideal to work toward.

General objectives

- health
- posture
- co-ordination
- grace
- sportsmanship
- skills
- satisfaction
- social adjustment (mental health)
- personality (enthusiasm) (determination)
- knowledge (human nature)
- leadership
- leisure time

Particular aims

- health
- knowledge
- personality
- leisure

Introduction to P.E. - Sharman. Chap. 4.

Principles of P.E. - Chak. & Williams.

Educational Objectives of P.E. - Rodgers.

School Program in P.E. - Netherington Part 2.

Wetherington

1. Organization of child life.
2. Adult social adjustment & efficiency.
3. Development.
 - neuromuscular
 - organic - stimulates blood etc.
 - intellectual
 - impulsive
4. Social standards.
5. Control of health conditions.

Definition of P.E. Rodgers.

P.E is education through predominately physical activities.

- health
- social efficiency.
- culture
- economic efficiency.

Objectives mixed & stated from these angles.

- 1) The immediate objectives in the organization & the leadership of child life as expressed in big-muscle activity.
- 2) The remote objectives in adult social adjustment & efficiency.
- 3) The objectives in development, or the changes in capacities, necessary to realize the adjustment.
- 4) The objectives in social standards as applied to the activities, the development & the adjustment.
- 5) The objectives in control of health conditions.

Academic

English
Arts

Sciences

Anatomy
Physiology
Hygiene

Educational

History + Princ.
of P.E.
Theory of Play
Psychology
Handcraft

Professional

P.E. +

First Aid
Life Saving
Remedials
Community Hygiene
Health Education
(Teaching)
Camp Education
Methods of Teaching
Practice Teaching

Health



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